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## EC9914 The Making of Pork Sausage and Use of Meat Sundries

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Nebraska  
COOPERATIVE EXTENSION WORK  
IN AGRICULTURE AND HOME ECONOMICS  
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating  
W. H. Brokaw, Director, Lincoln

Extension  
Circular  
9914

THE MAKING OF PORK SAUSAGE AND USE OF MEAT SUNDRIES

Pork Sausage

One of the delights of the winter season is pork sausage. Sausage should contain one-fourth to one-third fat, and the general run of trimmings will be satisfactory in this respect. Enough salt to keep sausage without canning or frying it down makes the sausage unpalatable. It is generally recommended that two to two and one-half per cent salt be used and that surplus sausage be canned or fried down to preserve it. A very satisfactory pork sausage can be made as follows:

10 pounds pork trimmings  
6 tablespoons salt

4 tablespoons white pepper  
2 tablespoons sage

If desired, a little red pepper and a light sprinkling of ground cinnamon and ground cloves may be added. The sausage trimming should first be cut into pieces of uniform size and the seasoning sprinkled over one-half of them. The other half of the trimmings may be added and the meat worked back and forth several times in order to mix the spice with the meat. If the seasoning is added before the meat is ground a more uniform product will be obtained.

A saving in labor can be effected if the sausage is seasoned before grinding. Other seasonings can be added to taste. Sausage may be used as bulk sausage or cased in casings or muslin bags. These may be used fresh or lightly smoked.

Head Cheese

Cleaned heads, feet, hearts, and tongues are cooked until the meat may be separated from the bones. The bones are carefully picked out. The cooked meat is seasoned as for pork sausage except no sage is used. Season to taste. Add some of the gravy in which the meat was cooked and put into moulds to cool. Head cheese may be stuffed into hog paunches, sewed shut, and cooked in the gravy to cook out some of the fat.

Liver Sausage

One part cooked liver is added to three parts head cheese stock and seasoned to taste as suggested for head cheese. Cloves are the predominating spice. The mixture should be ground several times, some of the gravy stock added, and the mixture stuffed in pork or beef casings. The liver sausage may be smoked if desired.

Scrapple

Use the same kind of meat and proceed in the same way as with head cheese until the liquor is poured over the finely chopped meat. Then season and stir corn meal into the boiling liquor and meat until the mixture is about three-fourths mush and one-fourth meat. Mix meal with a little cold water, add slowly and stir constantly to avoid big lumps. Boil thoroughly and pour into shallow pans to cool. Slice and serve cold, or fry in fat.

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### Pickled Pig's Feet

Clean the pig's feet thoroughly and boil from four to six hours, depending on size and age. Salt when about half done. Pack into a tight vessel (stone jar preferred) and cover with hot spiced vinegar. Serve cold, or fry in a batter made of eggs, flour, milk and butter.

### Stuffed Heart

- 1 medium sized beef or pork heart  
1 slice bacon diced  
2 cups cooked rice or spaghetti  
2/3 cups dry bread crumbs (whole wheat if available)  
1 onion, chopped fine  
1 egg  
Milk to moisten

Wipe heart with damp cloth. Remove veins and gristle. Fill cavity with stuffing prepared as follows: Fry bacon until crisp, add onion and cook until tender. Add spaghetti or rice and mix well. To this mixture add bread crumbs, an egg and milk to moisten. Season with salt and pepper. Skewer or sew up slit. Brown on all sides in fat. Salt and cover tightly. Bake in a very moderate oven (300° F.) for two hours. Make gravy of drippings.

### Oxtail Soup

Wash 2 or 3 oxtails and disjoint into short lengths. Brown the pieces in fat, put them into a large kettle, cover with water, add salt, and simmer until the meat is tender enough to fall off the bones. Strain off the broth, and to it add about 1 qt. of diced vegetables, such as onions, carrots, turnips, and potatoes, and cook slowly until the vegetables are tender but not broken. Chop up the meat and serve in the soup. Season to taste with salt and pepper.

### Tongue in Vegetable Sauce

- 1 large or 2 small tongues  
1 cup each carrot, celery, onion, diced  
1 tablespoon vinegar  
3 tablespoons flour  
2 tablespoons butter or substitute  
Salt and pepper

Wash tongue, plunge into boiling water, add vinegar and simmer for 2 or 3 hours until tender. Remove roots, cords, and skin. Brown vegetables lightly in butter. Add flour and 2 cups of stock from the meat. Season, pour the sauce over tongue in baking dish and bake in slow oven 45 minutes. Or heat sauce until it thickens, add sliced tongue and heat. Serve on platter with sauce poured around it.

### Sweetbreads

Soak sweetbreads in slightly acidulated water for 2 hours. Use not over 1 tablespoonful of lemon juice or vinegar to a pair of sweetbreads. Drain, and drop in boiling water to which a little salt has been added. Cover and let stand on back of stove for 20 minutes. Drain and cook quickly in cold water. Remove any membranes or unsightly parts. They are now ready to use for any recipe.

### Blanching Brains

Soak brains in cold water to remove blood. Then drop in boiling water, cover, and cook for 10 minutes on the back of the stove. Drain, and cool in cold water. If to be used in large pieces handle carefully and peel off outside membrane and blood vessels of each half. If brains are to be used in small pieces, as with scrambled eggs or breaded, break apart as membranes are removed.

Taken from Extension Circular 936 and NR-NU-36 (State Emergency Relief Adm.) 17456fr